



## Volunteer Leader Symposium



The 5<sup>th</sup> annual Volunteer Leaders Symposium was held on Saturday, August 8, 2015 at Benedict College in Columbia, SC. There was a great turn out of 4-H Volunteers and 4-H'ers participating in the concurrent Ambassador's Training. Thank you to everyone who came and participated on a Saturday! Also, we appreciate all the ...

3

## Club Checklist & Dates



Review the requirements for starting or renewing your club. Mark your calendar for important dates. The SC State 4-H Calendar can be found online at <http://www.clemson.edu/extension/4h/calendar.html>. Please, check with your local agent to make sure you are aware of county and regional events.

3

## Monthly Activity Idea



An optional activity lesson is included in this newsletter for you to incorporate into your monthly club meetings. Future lessons will vary in topic and your input is welcome!

5



## Our Stories...



## 4-H Volunteer Conference of Southern States

Rock Eagle 4-H Center - Eatonton, GA  
October 1-4, 2015

Do you want to know how other volunteers do it?! The registration deadline for the 2015 4-H Volunteer Conference of Southern States is fast approaching!

Continued on page 2



## New State Staff Member:

## Dr. Meghan Wood



Meghan joined the South Carolina 4-H staff in July 2015 as Assistant Director of 4-H/Ag and Natural Resources. Her responsibilities include coordinating youth livestock projects, the Ambassador program, and Collegiate 4-H. Meghan served as an agricultural education teacher and FFA advisor at Aiken High School for six years, helping to guide her local FFA chapter to numerous state and national awards. Active in several professional organizations, she currently serves as past president of the S.C. Association of Career and Technical Education executive board. Meghan earned a doctorate in agricultural and Extension education from North Carolina State University. She has master's and bachelor's degrees in agricultural education from Clemson. Meghan will be a valuable member of the 4-H Extension team! She can be reached at [mlmcpa@clemson.edu](mailto:mlmcpa@clemson.edu).

For more information on dates for livestock programs visit: [http://www.clemson.edu/extension/county/york/programs/4h/livestock/2015\\_final\\_livestockshowschedule.pdf](http://www.clemson.edu/extension/county/york/programs/4h/livestock/2015_final_livestockshowschedule.pdf)

## (Continued from cover)

We all have a story to tell! Join this year's Volunteer Conference of Southern States for 4-H: Sharing Our Stories. Be part of the leading conference for 4-H youth volunteers and staff in the Southeast. This conference is ideal for volunteers looking to expand skills, network, and participate in hands-on learning to further your work with youth and adults. This year's conference is sure to please! With input from past participants and an advisory council of volunteers, the planning team has designed a comprehensive conference for all volunteers working with youth. You don't want to miss your opportunity to be part of the 2015 conference and Share Your Story!

Great speakers, great workshops, great friends, and great fun will be at the 2015 Conference! Check out this year's Conference plans including keynote speaker, Patrick Grady, and a performance by Georgia 4-H Clovers & Company. Workshop sessions centering on leadership, citizenship, technology, science, and parent/volunteer involvement will be offered and include learning lab options! Learning labs are selected Thursday evening and are longer exploratory sessions in the topic area. Friday and Saturday offer a variety of sessions.

**Full-time registration is \$295 and may be completed online.** (The option to participate in individual days is also available.)

A \$50 late fee will be added 9/15/15.

<http://vcoss.weebly.com/conference-overview.html>

*Interested in working the 4-H exhibit at the state fair?*

Contact Ashley Burns at 404.580.7984 or [taberp@clemson.edu](mailto:taberp@clemson.edu)



Extension Agriculture Assistant Ms. Allie Winter (left) and Dr. Meghan Wood (right) demonstrate how baby calves are born on the farm using the Calving/Dystocia Simulator during the youth breakout session at the Clemson University Simpson Station Extension Field Day on August 22, 2015.





Chester County 4-H volunteers, Debra Terry (left) and Kesha Johnson (right) making weather vanes during the 4-H Science workshop at the Volunteer Leaders Symposium. Photo credit: Robin Currence, Chester County 4-H Agent

## New or Renewal Club Checklist:

**The annual 4-H calendar operates Sept. 1<sup>st</sup> – Aug. 31<sup>st</sup>**

\_\_\_\_\_ Annual Request for Club Charter Form (or New 4-H Club Charter Application for new clubs)

\_\_\_\_\_ Submit 4-H'er enrollments

\_\_\_\_\_ Submit Volunteer enrollments

\_\_\_\_\_ Ensure disclosure statements, background screenings, and CPR trainings are up to date for Certified Volunteers

**Work with your local County Agent to accomplish these tasks.**

*Also, don't forget to look at the Standards of Excellence to see if your club is eligible for Clover Club Awards!*

## Upcoming Dates:

9.2015 – Turn in membership registration and dues to county agent

9.15.2015 – Early registration deadline for Volunteer Conference of Southern States

9.19.2015 – ArborOne's Aim for Ag Sporting Clays Tournament

[http://www.arborone.com/ArborOne\\_Farm\\_Credit/files/ff/ffc90389-b419-49f3-9662-cf136cdb056e.pdf](http://www.arborone.com/ArborOne_Farm_Credit/files/ff/ffc90389-b419-49f3-9662-cf136cdb056e.pdf)

10.1-4.2015 – Volunteer Conference of Southern States

10.4-10.2015 – National 4-H Week

10.7.2015 – 4-H National Youth Science Day

10.7-18.2015 – Tractor Supply Paper Clover Campaign

10.24.2015 – 4-H Day at the Fair; entire fair runs 10.14-25.2015 (free admission for youth with membership card)

12.9.2015 – Early Bird Registration for Miss 4-H Pageant

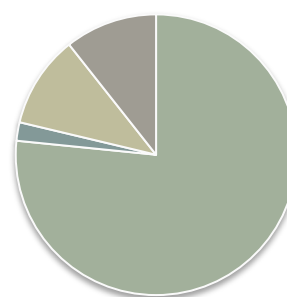
## Volunteer Leaders Symposium

The 5<sup>th</sup> annual Volunteer Leaders Symposium was held on Saturday, August 8, 2015 at Benedict College in Columbia, S.C. There was a great turn out of 4-H Volunteers and 4-H'ers participating in the concurrent Ambassador's Training. Thank you to everyone who came and participated on a Saturday! We also appreciate all the hard work of the speakers and workshop facilitators who were integral in making the day a success. Workshops covered a variety of topics from basic club management and training of officers to highlighting project-specific information and CPR training. During the symposium, we distributed surveys that were designed to help the State 4-H Office better serve your needs. We are grateful for the feedback everyone supplied through a survey and evaluations. Your input is critical to propelling the 4-H program forward and continuing to "make the best better". Join us next year on Sat., Aug. 13, 2016!

### And, the survey says...

During the symposium, we distributed surveys that were designed to help the State 4-H Office better serve your needs. We asked if you would be interested in forming a Volunteer Leaders Association. Of the 47 surveys collected, the overwhelming response was *YES!*

Please watch future newsletters for more information.



Would you like to see S.C. develop a Volunteer Leaders Association?

- Yes
- No
- Undecided
- No Response



Dr. Ashley Burns (right) working through wholesale cuts of meat in a hands-on workshop during 4-H Livestock Camp at Clemson University's Meat Laboratory in 2011.

## New State Staff Member:

### Dr. Ashley Burns



Ashley joined the South Carolina 4-H staff in July 2015 as Assistant Director of 4-H Operations. Her responsibilities include coordinating volunteers, youth natural resource and science programs, and fund development. Ashley was an active 4-H member as a youth and previously served as a county 4-H Extension agent in Georgia. She received her doctorate from Clemson in animal science with an emphasis on nutritional physiology of ruminant species. She has a master's degree from Kansas State University and a bachelor's degree from the University of Georgia. Ashley has served as a Postdoctoral Fellow at Clemson and Furman Universities since earning her doctorate in 2011. Ashley will be a great asset for Extension and 4-H. She can be reached at [taberp@clemson.edu](mailto:taberp@clemson.edu).



*"[4-H] represents unchanging American values in a changing world - values like learning from doing.. caring for a community, leadership.. integrity. Those things don't change. And they're kept alive by young people who are not burdened down with doubt, but have a fresh hope for the future."*

President Jimmy Carter  
4-H Club's 50th Anniversary Conference  
April 17, 1980

*Thank you, 4-H volunteers, for all you do!*

As always, we like to hear from you and how we can better enable you to work with youth. Also, if you would like share a success story or an innovative idea in this newsletter, please email

[taberp@clemson.edu](mailto:taberp@clemson.edu).

### Contact Us:

#### Pam Ardern

State 4-H Leader  
Healthy Lifestyles Programs  
[pardern@clemson.edu](mailto:pardern@clemson.edu)

#### Lori Frager

Administrative Assistant  
(864) 656-3848  
[lfrager@clemson.edu](mailto:lfrager@clemson.edu)

#### Ashley Burns

Assistant Director 4-H  
Volunteer Coordinator, Science & Nat. Res. Programs  
[taberp@clemson.edu](mailto:taberp@clemson.edu)

#### Meghan Wood

Assistant Director 4-H  
Ambassador Coordinator, Livestock Programs  
[mlmcpha@clemson.edu](mailto:mlmcpha@clemson.edu)

#### Georganne Kirven

State 4-H Specialist, Tech Wizards Program  
[gkirven@clemson.edu](mailto:gkirven@clemson.edu)

# 4-H



## Make a World of Difference





# Monthly 4-H Club Activity Idea

*written by T. A. Burns, August 2015*

## Fall Vegetables & Herbs

**Objective:** to increase awareness of growing seasons and opportunities for growing food and herbs during the fall/winter months in South Carolina

**Age Range:** all ages; coverage of material and the depth of information can be adjusted for ages

**Hands-on Activity:** planting herbs & cool-season vegetables from seed or sprig; optional, additional activities could include preservation techniques, pressing of herbs to release essential oils, using oils in making homemade bath salts or sugar scrubs, and pounding or boiling plants to release natural dyes

## Leading Questions & Information

What kind of vegetables do you grow in a garden?

*You should get a variety of responses on this question!*

What time of year do you typically grow your vegetables?

*Most people think of planting a garden in spring/summer only*

What happens to your garden at the end of summer?

*Typically, plants will stop setting fruit and begin to get 'leggy'*

Why do you think this happens?

*Most people think that a drop in temperature is primary cause of plant changes toward the middle/end of summer. While temperature is a factor in regulating a plant's physiology, daylight is one of the major determinates in a plant's production lifecycle. After the summer solstice (June 20-22), the length of daylight begins to decrease, and this change in daylight signals changes within the plant. (There are a lot of topics you can go into here: deciduous plants, photoperiodism, warm/cool-season plants, tilt of Earth's axis, etc!)*

What are some plants (veg. &/or herbs) that grow well in fall/winter?

*Popular fall vegetables that can be grown from seed include lettuce, arugula, spinach, kale, cabbage, collards, turnips, radishes, beets, parsnips, carrots, and peas. You can transplant slow-growing vegetables for a fall garden also, like broccoli, cauliflower, and Brussels sprouts. Sage is an herb that will grow well from seed and perform quite well in the cool weather. Most herbs will do okay indoors over winter months: basil, bay, chives, cilantro, dill, marjoram, mint, oregano, parsley, rosemary (easily sprigged), sage, and thyme.*

Does anyone know the SC state vegetable or the story behind it?

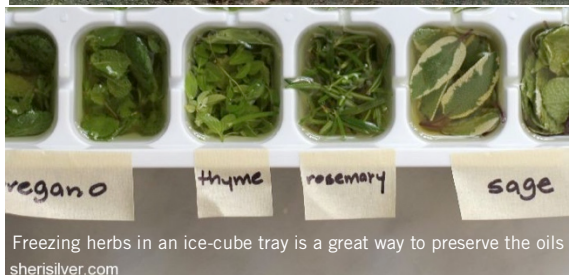
*Collard greens = the official vegetable in 2011. A 9-year-old girl from Lexington County wrote to her state senator about the importance of collard greens. [http://www.netstate.com/states/symb/vegetables/sc\\_collard\\_greens.htm](http://www.netstate.com/states/symb/vegetables/sc_collard_greens.htm)*

If growing a plant indoors, where would you place it?

*South and west facing windows provide maximal sunlight exposure, but you may have to supplement with a grow light or fluorescent light, as well. Neutral, well-drained soil is also important to growing healthy herbs.*

What are some healthy recipes you can cook to include your cool-season vegetables and herbs?

*You can have a recipe contest or demonstration based off the ideas they come up with!*



Clemson seeds can be ordered from:

<http://www.clemson.edu/public/seed/vegetables.html#cool>

Clemson fact sheets are available at:

<http://www.clemson.edu/extension/hgic/plants/vegetables/crops/hgic1307.html>

SOUTH CAROLINA CROP  
IMPROVEMENT  
ASSOCIATION

